CENTER FOR SENIOR ACTIVITIES—AUGUST 2009 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Stuffed Pepper	Coconut Chicken	Pork Chop	Tomato Soup	Linguine/Red Clam Sauce
Whipped Potato	Rice	Sweet Potato	TurkeySalad Platter/greens	Cauliflower
Chef Vegetable	Broccoli	Chef Vegetable	Pasta Salad	Beet Salad
Salad	Caesar Salad	Tomato Salad	Carrot Raisin Salad	Jello
Fruit Pie	Banana Pudding	Fruit Salad	Fresh Fruit	
10	11	12	13	14
Cheeseburger Platter/LTP	BBQ Ribs	Eggplant Parmesan	Greek Chicken	Crab Cake
Oven Baked Fries	Corn on the Cob	Linguine	Sauteed Chick Peas	over Field Greens
Chef Vegetable	Chef Vegetable	Green Beans	Spinach	Italian Potato Salad
Cucumber Salad	Coleslaw	Garbanzo Bean Salad	Salad	Carrot Raisin Salad
Ice Cream	Yogurt	Mandarin Oranges	Birthday Cake	Fruit
17	18	19	20	21
Swiss Chicken	Pork Loin w/Gravy	Veal & Peppers	Roast Turkey w/gravy	Swedish Meatballs
Roasted Potatoes	Baked Sweet Potato	White Rice	Mashed Potatoes	Egg Noodles
Broccoli	Chef Vegetable	Chef Vegetable	Chef Vegetable	Green Beans
Salad	Apple Cranberry Salad	Salad	Salad	Tossed Salad
Fresh Fruit	Brownie	Yogurt	Sherbet	Honeydew Melon
24	25	26	27	28
Spanish Loin of Pork	Pot Roast	Chicken Noodle Soup	Stuffed Shells	BBQ Chicken
Spanish Rice	Potato Pancakes	Seafood Salad/Greens	Meat Sauce	Baked Beans
Chef Vegetable	Red Cabbage	Macaroni Salad	Broccoli	Chef Vegetable
Salad	Salad	Tomato Basil Salad	Caesar Salad	Cole Slaw
Pineapple	Italian Ice	Fruit	Cookie	Watermelon
31				
Tuna Salad/Field Greens				
Italian Pasta Salad				
Tomato/Cucumber Salad				
Tropical Fruit Salad				

Salad, Bread, Butter and Milk served daily Lunch is served at 12 noon. Reservations are required at least 24 hours in advance--341-5099

Suggested Donation: \$4-\$6

^{*}Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness, especially if you have certain medical conditions.